

Worksite Wellness Success Stories

Sept / Oct 2007



The Michigan Department of Education *Wellness Action Team*

held a competition called, "Six Weeks to Wellness" (6W2W) which ran from September 10 through October 21, 2007. This was a competition designed to heighten awareness of the importance of exercise, eating right, wearing seat belts, not smoking, and other healthy lifestyle choices.

Participation was on an individual basis with a choice of two levels of participation: Level 1 is moderately challenging, and provides options for healthy life activities and Level 2 is for those who have already accomplished incorporating the Level 1 activities into their lifestyle and want to challenge themselves further. Participants gained points by exercising, eating a healthful diet, and improving three individual behaviors of their own choosing. There were weekly drawings and, at the completion, awards were given to the three participants with the highest overall scores.

When registering for this event, **88 employees** were given a small goodie bag to get them started which included an apple, bottle of water, low-fat snack, and small tube of toothpaste.

Weekly reminders to submit score sheets were sent to each participant along with information on healthful lifestyles. Since the annual 5-A-Day/NEW: Fruits & Veggies-More Matters occurred during the competition, weekly e-mails were sent regarding specific Michigan-grown fruits and vegetables, including trivia, nutritional information and recipes.

6W2W Coordinator's Packet & Score Booklet

www.michigan.gov/documents/6W2WCoordinatorPacket2005_142377_7.pdf

Fruits & Veggies-More Matters

www.fruitsandveggiesmatter.gov/

For information on preparing for a 6WTW visit

www.michigan.gov/mdcs/0,1607,7-147-22854_24290_25460-80077--,00.html